

WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 15	Skill	Thruster	Wall-Ball	Overhead Lunge	Box Jump-Over	
	Strength or Endurance		<u>Pendlay Row</u>		<u>Push Press</u>	
	Workout	<p><u>10 rounds of:</u></p> <p>:30s Burpees</p> <p>:30s rest</p> <p>:30s DB Thrusters</p> <p>:30s rest</p> <p>@20/14kg</p>	<p><u>Karen</u></p> <p>For time:</p> <p>150 Wall Balls</p> <p>@9/6 kg</p>	<p><u>5 rounds for time:</u></p> <p>10 KB Overhead Lunges</p> <p>15 Toes-to-Bar</p> <p>20 Cal Row</p> <p>@20/12 kg</p>	<p><u>21-15-9 for time:</u></p> <p>Air Squats</p> <p>AbMat Sit-Ups</p> <p>Burpee Box Jump-Overs</p>	
	Mobility/Accessory	Shoulder Stability	Hip Mobility	Spine Mobility	Shoulder Mobility	